



State of Vermont

Department of Vermont Health Access (DVHA)

NOB 1 South, 280 State Drive

Waterbury, VT 05671-1010

January 6, 2023

****Attention Provider ****

Important Laboratory Monitoring Recommendations for Patients on Antipsychotics

The Drug Utilization Review (DUR) Board is composed of practicing Vermont pharmacists, physicians, and other qualified healthcare professionals who are responsible for reviewing and advising the Department of Vermont Health Access (DVHA) about prescription benefit utilization for Vermont Medicaid enrollees. On December 6th, 2022 the DUR Board reviewed metabolic monitoring results in children and adolescents new to antipsychotic therapy. Prior to starting antipsychotics, patients should have baseline studies including CBC, fasting glucose or HbA1c, lipid profile (including triglycerides), LFT (transaminases) and ECG with QTc. At 4 weeks a CBC should be repeated and at 12 weeks a repeat of CBC, fasting plasma glucose and fasting lipid profiles are recommended. These labs and ECGs should all be repeated annually as well. A review of medical claims data from 1/1/21-3/31/22 identified many members for which this monitoring did not appear to be completed.

Antipsychotics can have serious metabolic effects, including weight gain, liver function abnormalities, and increased blood glucose values leading to a risk of Type 2 Diabetes. Laboratory monitoring is recommended periodically to help monitor and manage these risks. We encourage you to schedule these labs if you have not done so already and to incorporate regular metabolic monitoring for antipsychotic medications in this population.

We appreciate all you do to improve the health of Vermont Medicaid enrollees and welcome any questions or concerns you may have. The DVHA pharmacy team can be reached at ahs.dvhaph@vermont.gov

Sincerely,

Michael Rapaport, MD
Chief Medical Officer